



Teacher Self-Regulation as A Predictor of Students' Sustainable Development and Academic Integration

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Abstract: In this paper researcher explore the word meaning of teacher self -regulation and how it works on sustainable development and academic integration. Previous researches said that teacher self-regulation as a significant predictor for academic achievement. In academic achievement, teacher self-regulation plays crucial role for better sustainable development and good academic integration in students, education sector, societal benefit scheme. Both variables are more important when crossing the whole academic journey in life. Teacher who practices self-regulation can serve as positive role models for their students. By demonstrating sustainable behaviors, such as conserving resources, reducing waste and practicing environmental responsibility, teachers can inspire their students to adopt similar practices. Teacher self-regulation is positive and powerful indicator to boost up the student's learning ability, performance, score during the educational journey for that each and every teacher can work on how to improve the self -regulation and what are the parameters involves to uphold the self-regulation activities. (Kudo, 2016).It is vital to seek strategies that promote integration within the institution as well as strategies that facilitate the sharing of information during extracurricular activities. This is consistent with the finding that most interactions between international and domestic students take place outside of the classroom (Ward, 2001).

Keywords: *Teacher-self regulation, sustainable development, academic integration*

Introduction:

Teacher self-regulation

Teacher self-regulation refers to teachers' ability to manage their own thought emotion and behavior in order to effectively meet the demands of the teaching. Teacher self-regulation in was the ability to get goal monitor progress and make adjustments as they needed to achieve desired outcomes. Effective self-regulation is a critical for teachers as they face a variety of challenging situation in the classroom, including managing student behavior adapting to changes in curriculum and instruction and dealing with unexpected events teacher who are able to self-regulate are more likely to remain calm focus and effective in their teaching practices even in the face of stress and uncertainty, There are several us this at a strategy that can help teachers enhance their self-regulation including developing a clear top personal and professional goes establishing routing and structural that support effective time management and prioritization, practicing mindfulness and other reduction techniques And seeking support from colleagues and mentors additionally developing a growth mindset which emphasizes the importance of learning from mistake and challenges can help teachers approach their work and greater silence and adaptability.

Academic Integration

Academic integration refers to the intentional and strategic blending of different subject areas or disciplines within educational program our curriculum. This approach aims to create meaningful connection between different areas of study helping students in the relevance and interconnected with various topics and concepts. Academic integration can make mini form such as combination math and science lesson to explore real word application of mathematical concepts are integrating history and literature to help the social and culture contest of works by integrating different subject areas. Teacher can provide more holiday and enter the ceremony approach to learning which can increase student engagement and motivation. Academic integration is often based on the amount of energy put into learning and obtaining good grades and interactions with faculty (M.H.Clark, Middleton, Nguyen, & Zwick, 2014).

Teacher can provide a more holistic and introduce disciplinary approach to learning which can increase student engagement and motivation academic integration can also help to promote higher order thinking skills such as critical thinking problem solving and creativity by presenting student with the complex multifaceted problem that requires the application of knowledge and skill from multiple subject areas teacher can help students develop a deeper understanding of how different field of study are connected and how they can apply to real word problem in order to effectively integrate academic content ,teacher must have strong understanding of subject areas they are blending and be able to identify common themes and connections. collaboration between teachers from different subject areas can also be helpful in identifying areas of overlap and developing integrated lesson plans and assessments. According to (Tinto, 1975) (Tinto V. , 1993)academic integration is defined by students' academic performance, level of intellectual development ,and perception of having a positive experience in academic settings, while social integration is defined by involvement in extracurricular activities and the presence of positive relationships with peers.

Academic integration refers to

- The intentional and strategic blending of different subject areas or disciplines within educational program for curriculum.
- This approach to create meaningful connection between different areas of study.
- Helping students to see the relevance and interconnections of various topics and concept.
- Academic integration can take many forms such as combined math and science lesson to explore real-world application of mathematical concepts or integrating history and literature.
- To help students understand the social and cultural context of the literacy was by integrating different subject areas.
- Teacher can provide a more holistic and interdisciplinary approach to learning which can increase student engagement and motivation in academic integration.
- Helps to promote higher order thinking skills such as critical thinking, problem solving and creativity by presenting student with complex multifaceted problem that requires the application of knowledge and skills from multiple subjects is teachers can help students develop a deeper understanding of how different field of study are connected and how they can be applied to real world problems.

In order to effectively integrate academic content teacher must have a strong understanding of the subject areas they are blending and be able to identify common themes and connections collaboration between teacher from different subject areas can also helpful in identifying areas of overlap and developing integrated lesson plants and assessment.

Sustainable development of the students refers to

- An approach to education that some of the long-term their being of student by equipping them with the knowledge skills and values needed to live sustainability and contribute to assist enable future.
- This approach aims to foster environmentally responsible behavior social awareness and economic literacy among students in order to promote sustainable development of students.
- School can integrate sustainability into the curriculum teaching student about the principle of sustainability and how they can be applied in different contexts. This can include topics such as climate change resource conservation and social responsibility.

- The teacher can also use hand on activities and experiential learning to help student develop practical skill for living sustainably, such as gardening, composting, and energy conservation.
- School can also promote sustainable development by modelling sustainable practices in their own operations such as using renewable energy sources, reducing waste and promoting alternative modes of transfer ration by doing. So, school can provide students with tangible example of how sustainable practices can integrated into everyday life.
- Promoting sustainable development of stored and also involves developing partnerships with local communities and organization to provide a notice to students to engage sustainable practices outside of the classroom.
- This can include community service project participation in environmental campaign and involvement in sustainable development is initiatives overall sustainable development of student aims to empower young people to become agents of change, capable of making informed decisions and taking action to create more sustainable future for themselves and the planet

Teacher self-regulation can have several benefits for promoting sustainable development among students

Here are some key benefits improve modeling. Who practiced the regulation and demonstrates sustainable practices in their own behavior serve as positive role models for a student this modeling helps children understand the importance of sustainable behavior and encourage them to adopt these practices in their own lives.

1. **Effective teaching teachers:** People who practice self-regulation are better if it meant to manage their own emotions, thoughts, and behavior, which can improve their ability to teach effectively. by managing their stress and anxiety teacher are more likely to create a positive and supportive classroom environment that can enhance student engagement and promote learning.
2. **Creative and critical thinking:** sustainable development of a required innovative and creative solution to complex problems. Teacher who practices self-regulation are better equipped to think creatively and critically, which can help them identify new ways to integrate sustainable practices into their teaching and modeling for students.
3. **Consistency:** Teacher who practice self-regulation are more likely to be consistent in their efforts to promote sustainable behavior and practice. This consistency helps students develop a deeper understanding of the importance of sustainable behavior and encourage them to make sustainable choices in their own lives.
4. **Resilience:** Sustainable development often involves facing challenges and setbacks such as resistance to change or lock of resources teacher who practice self-regulation are better equipped to manage the challenges and maintain their motivation and commitment to sustainable development which can inspire student to persevere in the face of adversity.

Teacher self- regulation can have several benefits for promoting academic integration in the classroom.

Here are some of the key benefits improves academic integration.

1. **Flexibility:** Teachers who practice self-regulation are better equipment to adopt changing situations and incorporate new ideas approaches into their teaching. This flexibility is essential for academic integration, as it requires to be able to identify connection between different subject areas and adopt their teaching strategy accordingly.
2. **Collaboration:** Teachers who practice self-regulation are more likely to collaborate effectively with their colleagues from different subject areas. This collaboration can help teachers identify areas of overlap between different subject areas and develop integrated lesson plans and assessments that promote academic integration.
3. **Higher order thinking skills:** Academic integration often requires students to use higher order thinking skills, such as critical thinking and problem-solving teachers. Who practice self-regulation are better equipped to help students develop the skills by creating, challenging, and engaging learning experiences that encourage students to think creatively and critically.
4. **Engagement:** Academic integration can help increase student engagement by making learning more meaningful and relevant. Teacher who practices self-regulation are more likely to create learning

experience that are engaging and relevant to students' lives, which can increase their motivation to learn and practice participate in class.

5. **Innovation:** Academic integration requires teachers to be innovative and creative in their approach to teaching. Teachers who practice self-regulation are better equipped to think creatively and develop innovative teaching strategies that promote academic integration and enhance student learning.

Ways to Improve Self-regulation

- **Mindfulness:** Teachers can practice mindfulness technique to develop greater awareness of their own thoughts, emotions and behavior. This can help them regulate their own emotion and stay focused on the goals which can improve their ability to increase integrate academic subject and promote sustainable practices in the classroom.
- **Reflections:** The teacher can set aside time for self-reflection to assess their own teaching practices and identify areas for improvement. By reflecting ways on their own teaching practices, teacher can identify ways to promote academic integration and sustainable development in the classroom.
- **Professional development:** Teachers can attend professional development workshop and conference to learn new teaching strategies and stay up-to-date with the latest research on academic integration and sustainable development. This can help teachers to develop new skills and knowledge that they can apply in the classroom. collaboration: Teacher can collaborate with their colleagues from different subject areas to develop integrated lesson plans and assessment that promote academic integration and sustainable development. Collaborating with colleagues can help teachers identify areas of overlap between different subject areas and develop innovative and teaching strategies that promote student learning.
- **Modeling:** Teacher can model sustainable practices in their own behavior to serve as positive role model for students by modeling. Sustainable practice teacher can help student understand the importance of Sustainable behavior and encourage them to adopt these practices in their life. Overall improving self-regulation for academic integration and self-sustainable development. It was developing a greater awareness of own behavior, thought, emotions and reflecting on teaching practices attending professional development workshop. (Abiddin & A. Ismail, 2011) discussed the four skills required for effective supervision: communication skills, including the ability to listen and convey a sound response; the skill of recognizing when a student requires help and providing it; and having sound knowledge of the students' research area. Several studies support the contention that academic adaptation is also influenced by supervisory assistance (McAlpine & McKinnon, 2013) (Litalien, Guay, & Morin, 2015).

Conclusion: Teachers can help students to develop a deeper understanding of the connections between different subject areas and prepare them for success in complex and interconnected word. Improving self-regulation for academic integration and sustainable development involves several strategies that teacher can adopt. Here are some ways to improve self-regulation for academic integration and sustainable development in this paper. Overall observation explained that, teacher self-regulation can help promote sustainable development by fostering a positive and supportive classroom environment, encouraging creative and critical thinking. Serving as a positive role model for student and teachers.' Teacher can promote academic integration and sustainable development in the classroom by helping students for develop their knowledge, skill and values needed to live sustainable and contribute to a sustainable future. At the last of this study researcher wants to spread the information in all educational sector to provide the positive environment in institution for positive result.

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